



What's on for

Children (0-5 years) and their families.

**A guide to activities at your local
Sure Start Children's Centres in the Somer Valley area**
(Peasedown, Radstock, Midsomer Norton, Paulton and surrounding villages)

June 2015 - March 2016



We are continuing to produce paper copies of our What's on guide. However please note that our most up to date information or any changes are published on our Facebook page (details inside) or on our new app.

You can of course still call us on 01225 396660.

Monday

Twins Club (Parent-led) T

Starting 19th January
10:00am-11:30am
Fortnightly
MSN Children's Centre



Childminding Group £ (For registered childminders)

9:30am-11:30am
Fortnightly
MSN Children's Centre



Play and Explore Together T £ (Children Centre-led)

Term time only
09:30am—11.00am
Longvernal School



Building Addresses (please note that admin cover may not be available full time in all centres.)

- Midsomer Norton Children's Centre, Pows Orchard, BA3 2HY
- Peasedown Children's Centre, Bath Road, BA2 8DH
- Paulton Children's Centre, Plumpton Close, BS39 7QY
- Westfield Children's Centre, Longfellow Road, BA3 3XX

**Radstock Children's Centre,
Church Street, BA3 3QG**

**Opening hours:
Monday to Thursday 8.30-4.30pm
Friday 8.30- 4.00pm**

KEY:

- *** A member of the Health Visiting Team will be present at every session
- T Term Time Only
- £ £1 Contribution required per family per session

- Paulton reach area
- MSN reach area
- Peasedown reach
- Radstock reach area
- Westfield reach area



Tuesday

Beacon Tots (Parent-led) T

9:30am-11:30am
Peasedown Children's (& Youth) Centre
For further details, contact Hazel on 07966 233116

Baby Feeding Hub (drop in) *** (Health visitor led)

Suitable for all parents
10:00am-11:30am
MSN Children's Centre



Health Visitor Reviews *** (by appointment)

10:00am-11:30am
MSN Children's Centre



Play and Explore Together T £ (Children Centre-led)

(1st & 3rd Tues)
10:00am—11.30am



Play and Explore Together T £ (Children Centre-led)

(2nd & 4th Tues)
10:00am—11.30am
Writhlington School



Health Visitor Reviews *** (by appointment)

1:00pm-2:30pm
Peasedown Children's (& Youth) Centre



Baby Feeding Hub (drop-in) *** (Health visitor-led)

Suitable for all parents
1.30—3.00 pm
Radstock Children's (& Youth) Centre



There are a number of other groups available to all families for example Baby Massage, Stay and Play, Sensory Heaven and Parenting courses.

For further details please contact Adam Tugwell on: 01225 396034

Wednesday

Play and Explore Together T £ (Children's Centre-led)

(1st & 3rd Weds) 10:00am-11:30am
Peasedown Children's (& Youth) Centre



Play and Explore Together T £ (Children's Centre-led)

(2nd & 4th Weds)
10:00am-11:30am
YMCA Community Hall
Timsbury



Drop-in Baby Clinic *** (Health visitor-led)

10:00am-11:30am
1st Wednesday monthly
Paulton Children's Centre



NCT Bumps and Babies
(Feeding support available)
10:15am-11:30am
Radstock Children's (& Youth) Centre



Breastfeeding is welcome at all groups and in all centres

If you need support please:

- Contact your health visitor
- Attend a baby feeding hub
- Contact Simone Sproates at the NCT on 01761 436648 or
- Contact the Infants Feeding Support Service on: 07990 914568.



Information, Advice & Guidance

(Including: Benefits entitlement, Childcare & return to work)
Ring 01225 396660 to make an appointment with Rowan Tanner within any of our Children's Centres.

Laptops

Each of our centres now has a laptop for public use, These are linked to the internet and may be used for job searches, creating CV's, and finding out information about services you may need. Please check our reception opening hours at each of our centres. It is advisable to ring the centre you plan to visit beforehand to ensure availability.



Thursday

Messy Tots @ Paulton (Parent-led) T £

10:00am-11:30am

Paulton Scout, Guide and
Community Hall

THIS IS A COMMUNITY LED GROUP

Please email

paultonmessytots@gmail.com



Flutterbys Childminding Group T

(Open to all childminders)

Alternate weeks

10:00am-12:00pm

Wesley Hall, Paulton



Drop-in Baby Clinic ***

(Health visitor-led)

A place to meet other parents

10:00am-11:30am

3rd Thursday monthly

YMCA, Timsbury



Baby Feeding Hub (drop-in) ***

(Health visitor-led)

Suitable for all parents

10:00am-11:30pm

Peasedown Children's

(& Youth) Centre



Health Visitor Reviews

(by appointment) ***

10:00am-12:00 midday

Radstock Children's

(& Youth) Centre



Keep in touch

www.facebook.com/bathnessvcc

www.bathnes.gov.uk/childrens-centres

You can also follow us at:

Twitter - @bathnessvcc

01225 396660 or 01225 396858



Interested in volunteering?

We have a wide range of
volunteering opportunities
available.

To find out more, please call
Radstock Children's Centre on
01225 3966690

Friday

Early Support Stay and Play £ (Children Centre-led)

10:00—11:30am

(For children with
special educational needs and/or
disabilities or families who have
concerns about development)

MSN Children's Centre



Early Support
Helping every child succeed

Pre-school Speech and Language Therapy T

(Appointments Only)

MSN Children's Centre

For further details

please call: 01225 831800.

This group is subject to
change.



Did you know that you can redeem your **Healthy Start** Vitamins vouchers at your local Children's Centre

To find out more about Healthy
Start vitamins, please see
www.healthystart.nhs.uk

**HEALTHY
START**

You can now **purchase Healthy
Start** Vitamins at your local
Children's Centres. To find out
more please call us on:
01225 396660.

The Sensory Room

Spend time exploring with your
child in our relaxing environment
which provides an opportunity to
stimulate your child's senses.
Available for private bookings
(30 minute slots). Please call
01225 396858 to book.

Other Services

Family Support Workers

Our Outreach Workers and Early
Years Practitioners:

- provide information, advice and support to families with children 0-11 years.
- support and advice on aspects of childcare and development
- help you access other services and professionals.



Healthy Lifestyle Ser include support to:

- Stop smoking
- Manage your weight
- Adopt an active lifestyle
- Access HENRY (Health, Exercise, Nutrition for the Really Young) courses.
- FREE Family 5 week 'Cook It' courses - to help you to 'Cook on a budget' and Plan healthier meals for you and your family.

Free family 5 week cooking courses.

Learn to cook some amazing
recipes together. For further
details please call 01225 396660

Cook It

HENRY

A 9 week course which explore
fussy eating, food labelling,
parenting skills, portion sizes and
fun activities to enjoy with your
child.

Are you thinking about returning to work?

Are you unsure what you would
like to do or would you like support
with job options, writing or
updating your CV? If so your
Children's Centre can signpost you
to a range of FREE services.
Please phone 01225 396660 for
further information.

PLEASE NOTE:

- This information is correct at time of print
- Due to circumstances beyond our control we may need to cancel or rearrange groups.
- Please bring a spare change of clothes to Play and Explore

Other Children's Centre Services Available

Bright Beginnings - By invitation only, a programme for parents with infants 0 -1 years covering some of the key issues in the early days of parenting and the value of loving touch (baby massage).

Early Support - A group to support families who have a child with additional needs or who have concerns about their child's development. Access to the sensory room and resources available.

HARRY - A 6 week course including Top Tips for communication, sharing stories, singing and signing, craft activities and having lots of fun.

Step by Step - An 8 week programme designed to support parents/carers of a child with special educational needs and/or disabilities (SEND) with a range of specialist services sharing information with parents. Children's Group available with limited spaces.

Portage home learning - A 10 week home learning service for children with developmental delay. Skilled Children's Centre staff will introduce play opportunities designed to support your child's learning and development. Referral only.

Flying Start - A 6 week home based programme supporting child learning and development through play.

Theraplay - A 10-12 week home based programme supporting parent and child to further develop their relationship and trust in one another.

Family Focus Group - Increasing your Parenting Confidence. We run 12 week parenting programme for parents with children aged 3-8 years which support you to develop different parenting strategies to:

- Increase your confidence
- Improve family functioning.

Catching Confidence Course - a 6 week course to support making positive changes and understanding the importance of developing self confidence.

Economic Wellbeing Course - 6 week programme looking at budgeting, benefit entitlement, improving maths and literacy skills, careers advice and CV writing.

All groups/programmes above are through referral only, please speak to your Health Visitor or Children's Centre staff for further information.

Play & Explore Together - an opportunity for parents, babies and children to learn together through creative play. Come and stimulate senses through a wide variety of fun activities suitable for children aged 0-5 years. **This group is available for families living in specific areas or through referrals ONLY.**

Please call 01225 396660 for further details.

There are a number of other groups available to all families for example Baby Massage, Stay and Play, Sensory Heaven and Parenting courses for further details please contact Adam Tugwell on 01225 396002

The Family Information Service can help you if you are looking for information for your family about leisure activities, childcare choices, play opportunities in the Somer Valley Children's Centre area for children and young people aged 0 - 20.

Call **01225 395343** text **07980 998906**, e-mail **fis@bathnes.gov.uk** or visit **www.bathnes.gov.uk/fis** or **www.facebook.com/bathnesfis**

If you have difficulties accessing groups in your area please call us on **01225 396660** to discuss how we might support you to access them.

If you would like more information, to register with Children's Centre Services or have any comments or suggestions, either positive or negative, that would help us improve our services, please contact us on 01225 396660. We look forward to hearing from you.